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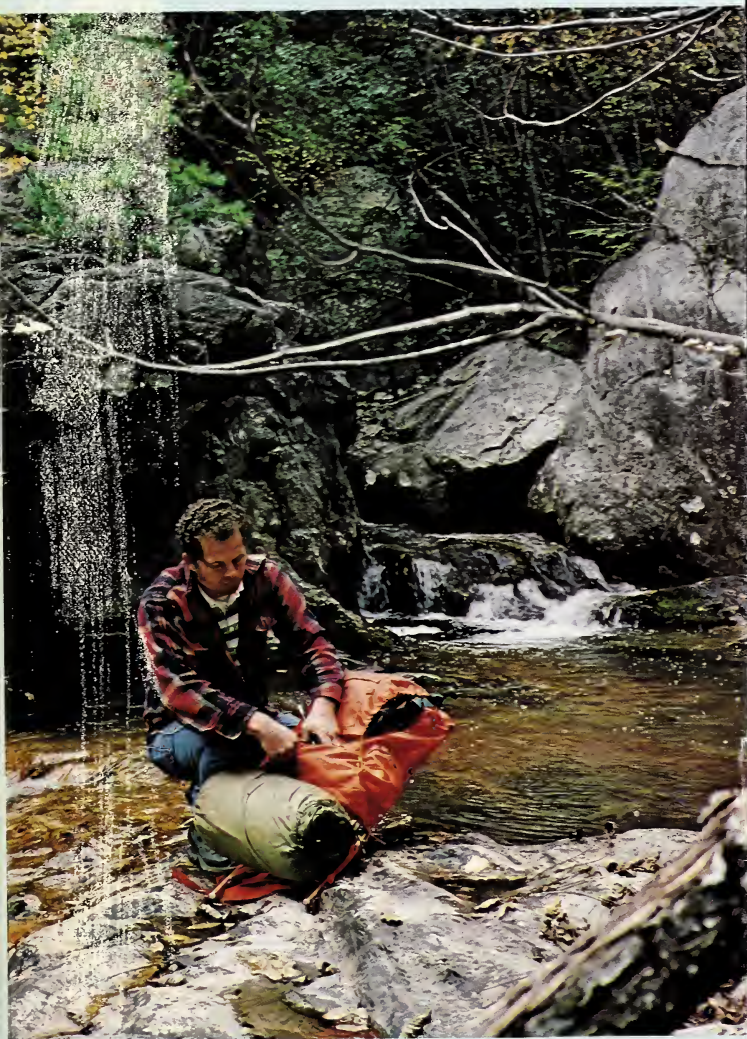
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TRAIL GUIDE

to the

Chattahoochee- Oconee National Forests

Georgia



United States
Department of
Agriculture

Forest Service
Southern Region

TRAIL GUIDE TO THE CHATTAHOOCHEE- OCONEE NATIONAL FORESTS

This guide will help you enjoy the trails within the Chattahoochee and Oconee National Forests. These two National Forests contain over 350 miles of trail for hikers, off-road vehicles, and horse use.

Hiking trails within the Chattahoochee and Oconee National Forests offer experiences for everyone from the expert backpacker to the novice hiker. You'll find nationally-known trails like the Bartram, Appalachian, Duncan Ridge, and Benton-MacKaye. You'll also find trails like the .3 mile Sosebee Cove Trail and the .5 mile Lakeshore Trail at Dockery Lake.

Off-road vehicle drivers and horse riders will also find trails available for their use. It's best to check with the local Forest Service office before taking a vehicle or horse on any trail since many areas are restricted.

Whatever your mode of transportation, you'll find that the trails on the Chattahoochee and Oconee National Forests offer opportunities that vary from interpretation, to photography, to bird watching, to tests of your physical stamina. Please remember while you're on the trails that you are part of nature and are responsible to leave the Forests clean and free from fire.

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








	Paved Road—Primary
	All Weather or Secondary Road
	Dirt Road
	Primitive Road
	Trail
	U.S. Highway
	State Highway
	Forest Route
	National Forest Land
	Recreation Site
	District Ranger Station

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ANSWERS TO YOUR QUESTIONS

PERMITS: No permits are required to use trails on the Chattahoochee or Oconee National Forests.

CAMPING: Camping is permitted anywhere on the Chattahoochee and Oconee National Forests, not posted otherwise. All campsites are available on a first come-first served basis. There is a fee for camping in developed recreation areas. Dispersed, primitive camping is free. Hikers are encouraged to camp away from trails to reduce impact on the pathways.

VEHICLES: Off-road vehicles are generally permitted on roads and trails unless otherwise posted. It is recommended that you check with the local Forest Service office before driving an off-road vehicle on any trail. Vehicle drivers must conform to all State laws.

HORSES: For your safety, horse use is prohibited on the Appalachian Trail and on several trails within the Cohutta Wilderness. It is recommended that you check with the local Forest Service office before taking horses on any trail. Caution is urged on all open trails because narrow clearing widths and steep grades often make horseback riding dangerous.

FIRES: You do not need a permit for a campfire. However, you are legally responsible for any damage caused by your fire. Only dead or down wood may be used to build campfires. Make sure your fire is "dead-out" before leaving.

HUNTING AND FISHING: Hunting and fishing are allowed only under State regulations. Many trails are within Wildlife Management Areas where carrying firearms is prohibited except during hunting season. For licenses, regulations, and season dates, check with Georgia Department of Natural Resources, Game and Fish, 270 Washington Street, S.W., Atlanta, Georgia 30334, 404-656-3530.

FORDS: During periods of wet weather or immediately after a heavy rain, avoid trails with fords such as the Jacks River Trail in the Cohutta Wilderness. Even short rains can raise river levels enough to make fording dangerous.

APPALACHIAN TRAIL (79 miles): The Appalachian Trail in Georgia stretches from Springer Mountain to Bly Gap on the North Carolina State line. Because of its reputation, this trail receives more use than any other in the state and is often crowded. If you'd like more solitude or a short hike, try one of the many other trails. A detailed map of the Appalachian Trail in Georgia is available for a fee from the Forest Service offices listed on the back of this guide.

COHUTTA WILDERNESS (70 miles): This network of trails winds through the 34,500 acre Cohutta Wilderness. These trails are described on the Cohutta Wilderness Map which is available for a fee from the Forest Service offices listed on the back of this guide.





TRAILS 1-6

TRAIL 1—GRASSY MOUNTAIN TOWER TRAIL (2 miles), Cohutta Ranger District: Stretches from the dam on Lake Conasauga to the old fire tower atop Grassy Mountain. This trail makes an easy ascent.

Take US 76 east from Chatsworth for 16 miles. Turn left at the Lake Conasauga sign on Forest Service Road 18 for 4 miles. Turn right on Forest Service Road 68 for 11 miles.

TRAIL 2—SONGBIRD TRAIL (1.3 miles), Cohutta Ranger District: This trail begins in a small brook near the Songbird Management Area, an area of small clearcuts which provide vegetation valuable to many songbirds.

Take US 76 east from Chatsworth for 16 miles. Turn left at the Lake Conasauga sign on Forest Service Road 18 for 4 miles. Turn right on Forest Service Road 68 for 11 miles.

TRAIL 3—SOUTH FORK TRAIL (2.7 miles), Cohutta Ranger District: The south end of this trail is the south fork of the Jacks River, near a primitive campsite. It follows the river along gentle slopes; ending at Forest Service Road 126A.

Take US 76 east from Chatsworth for 16 miles. Turn left at the Lake Conasauga sign on Forest Service Road 18 for 4 miles. Turn right on Forest Service Road 68 and go 6 miles. Turn right on Forest Service Road 64 and go 11 miles to the bridge over the South fork of Jacks River.

TRAIL 4—MOUNTAINTOWN CREEK TRAIL (5.5 miles), Cohutta Ranger District: This primitive trail follows a series of creeks north from Forest Service Road 214 to Forest Service Road 64. The northern-most half-mile is steep.

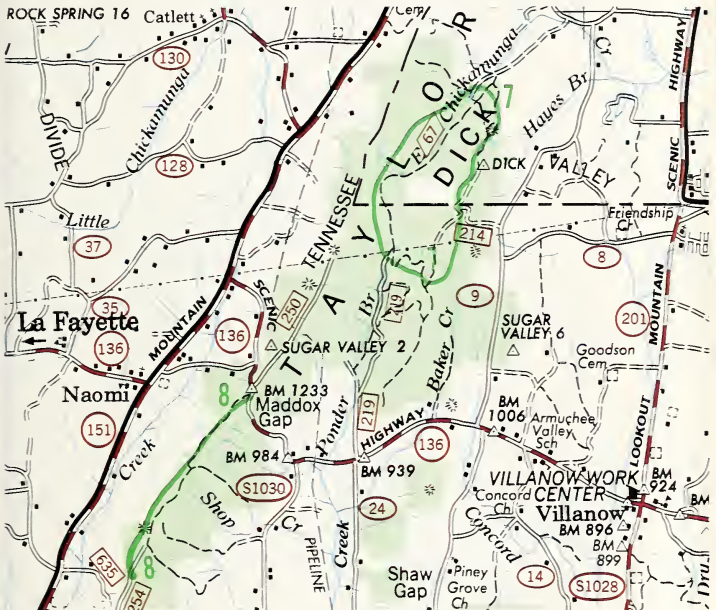
Take US 76 west from Ellijay for 5 miles. Turn right onto Gates Chapel Road and go about 4.5 miles to Forest Service Road 214. Turn right and go 2 miles.

TRAIL 5—BEAR CREEK TRAIL (1.3 miles), Cohutta Ranger District: This trail follows Bear Creek from a point off Forest Service Road 241.

Take US 76 west from Ellijay for 5 miles. Turn right onto Gates Chapel Road and go about 5 miles to Forest Service Road 241. Turn right for 2 miles.

TRAIL 6—EMERY CREEK TRAIL (5 miles), Cohutta Ranger District: This trail follows Emery Creek north from Forest Service Road 18 to Forest Service Road 68. The northern-most mile of this trail is steep.

Take US 411 north from Chatsworth to Eton. Turn right at Eton and travel 6 miles to the trailhead on Forest Service Road 18.



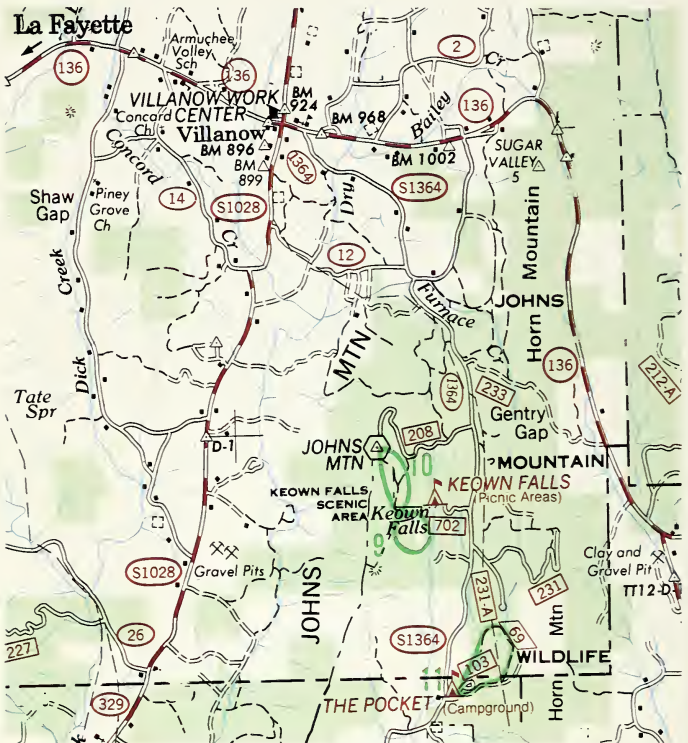
TRAILS 7-8

TRAIL 7—CHICKAMAUGA CREEK TRAIL (6.2 miles), Armuchee Ranger District: This loop trail begins and ends at the end of Ponder Creek Road. Two miles of the trail is restricted to foot travel along Ponder and Chickamauga Creeks.

Take GA 136 east from LaFayette for 9 miles. Turn left onto Ponder Creek Road for approximately .6 mile. Take the right fork onto Forest Service Road 219 to the end of the road. The trail can also be reached along Forest Service Road 250, located at the intersection of GA 136 and Taylors Ridge.

TRAIL 8—TAYLORS RIDGE TRAIL (2.4 miles), Armuchee Ranger District: This trail is designated for unrestricted travel and runs along Taylors Ridge to Forest Service Road 254.

Take GA 136 east from LaFayette for approximately 7 miles to the top of Taylors Ridge. Turn right onto Forest Service Road 217 (at gate).



TRAILS 9-11

TRAIL 9—KEOWN FALLS TRAIL (1 mile), Armuchee Ranger District: From Keown Falls Recreation Area the trail follows a small stream to an observation deck overlooking Keown Falls.

Take GA 136 east from Lafayette for 13.5 miles. Turn right, past Villanow, on paved road 1364 (Furnace Creek Rd.) for about 6 miles to Keown Falls Recreation Area.

TRAIL 10—JOHNS MOUNTAIN TRAIL (3.5 miles), Armuchee Ranger District: This loop trail begins and ends at the Johns Mountain Overlook located at the end of Forest Service Road 208. The trail connects with the Keown Falls Trail above the falls.

Take GA 136 east from LaFayette for 13.5 miles. Turn right, past Villanow, on paved road 1364 (Furnace Creek Rd.) for approximately 4 miles. Turn right and follow Forest Service Road 208 to the observation deck.



TRAILS 12-13

TRAIL 11—POCKET TRAIL (2.5 miles), Armuchee Ranger District: This loop trail is located in the Pocket Recreation Area.

Take GA 136 east from LaFayette for 13.5 miles. Turn right, past Villanow, on paved road 1364 (Furnace Creek Rd.) for approximately 7 miles to the Pocket Recreation Area.

TRAIL 12—RICH MOUNTAIN TRAIL (5 miles), Toccoa Ranger District: North from Rock Creek Road at Stanley Gap, this relatively primitive trail has some short, steep grades. Its northern end is at Lake Blue Ridge.

Take US 76 north from Ellijay for 10 miles. Turn right on

Rock Creek Road (gravel road) for 6 miles to Stanley Gap; or take US 76 through Blue Ridge and turn south of Aska Road until you come to Deep Gap. Local directions may be needed to locate Aska Road and Deep Gap.

TRAIL 13—BENTON MACKAYE TRAIL (15 miles), Toccoa Ranger District: The origin of this steep, challenging trail is Three Forks on the Appalachian Trail. The trail then follows high, dry ridges north to Skeenah Gap. From Skeenah Gap the trail turns west through Wilscot Gap and into the Rich Mountain Wildlife Management Area. From this point on the trail is under construction.

Take GA 60 south from Morganton for 12 miles to Tooni Gap. Or, follow Ga 60 to the Doublehead Gap County Road onto Noontoola Road. Local directions may be needed to find Doublehead Gap and Noontoola Road.



TRAILS 14-25

TRAIL 14—DUNCAN RIDGE TRAIL (25.5 miles), Towns and Brasstown Ranger Districts: This trail follows high, dry ridges for most of its length. The western end of the trail starts at Rhodes Mountain. After passing Mulkey Gap, the trail follows Duncan Ridge through Wolfpen Gap, and ends its journey in Slaughter Gap. No hikers or developed water sources are available along the trail.

Take US 19 north from Dahlonega for 19 miles to Neels Gap. From the parking lot at Neels Gap, hike south on the Appalachian Trail for 2 miles to Slaughter Gap.

TRAIL 15—SOSEBEE COVE (.5 mile), Brasstown Ranger District: Well-maintained loop trail circles through one of the finest stands of second growth hardwood in the country. Also noted for the variety of wildflowers flourishing on the forest floor. A longer, steep trail leads down the mountainside to Wolfpen Gap Road.

Take US 19 north from Dahlonega for 23 miles. Turn left on GA 180. Go 3 miles past Vogel State Park to sign.

TRAIL 16—SLAUGHTER CREEK TRAIL (2 miles), Brasstown Ranger District: Access trail to the Appalachian Trail from Lake Winfield Scott Recreation Area. Trail is poorly maintained in some sections. It follows an old road in cove hardwoods. Trail goes from Lake Winfield Scott to Slaughter Gap.

Take GA 180 north from Suches for 5 miles to Lake Winfield Scott Recreation Area. Access is from end of Summer Home Area road (Forest Service Road 37).

TRAIL 17—MILL SHOALS TRAIL (1.7 miles), Chestatee Ranger District: This trail is located within the Cooper Creek Recreation Area and begins just north of the Cooper Creek Recreation Area. Initially, the trail follows an old logging road until it crosses Mill Shoal Creek. The trail then proceeds along Duncan Ridge Road and terminates on Spencer Ridge. Many large, mature pines and hemlocks are visible along this trail.

Take GA 60 north from Dahlonega for 22 miles. Turn right on Forest Service Road 33 for .8 mile and then turn left on Forest Service Road 236 for 3 miles to the Cooper Creek Recreation Area.

TRAIL 18—YELLOW MOUNTAIN TRAIL (3 miles), Chestatee Ranger District: This trail is located within the Cooper Creek Scenic Area. From Cooper Creek Recreation Area the trail follows an old logging road through forests of hemlock, pine, and hardwood.

1.3 miles from the trailhead this footpath splits into two trails. The left fork (.9 mile) continues north along a ridge top to Shope Gap where the trail crosses a small creek and terminates at Bryant Creek Road. This trail spur is moderately difficult.

The right fork (.8 miles) follows an old logging road in a southeasterly direction along a ridge top until it crosses Bryant Creek. The trail then parallels the headwaters of this creek and terminates at Addie Gap on the Bryant Creek Road. Many old growth pines and hemlocks with large diameters can be seen from this trail spur. This spur is moderately difficult.

Take GA 60 north from Dahlonega for 22 miles. Turn right on Forest Service Road 33 for .8 mile and then turn left on Forest Service Road 236 for 3 miles to the Cooper Creek Recreation Area.

TRAIL 19—BUFFALO NUT TRAIL (.2 mile), Brasstown Ranger District: This is a loop trail that begins at the wooden steps behind Lake Winfield Scott beach parking lot.

Take GA 180 north from Suches for 5 miles to Lake Winfield Scott Recreation Area.

TRAIL 20—JARRARD GAP TRAIL (1 mile), Brasstown Ranger District: This is an access trail to the Appalachian Trail from the Lake Winfield Scott Recreation Area. The trail follows an old road from the end of the Lake Winfield Scott Summer Home Area to its junction at Jarrard Gap.

Take GA 180 north from Suches for 5 miles to Lake Winfield Scott Recreation Area. Access is from Summer Home Area road.

TRAIL 21—LAKESHORE TRAIL (.5 mile), Chestatee Ranger District: This well-maintained trail encircles Dockery Lake. Footpaths provide access to fishing areas around the lake. The trail begins and ends at the Dockery Lake Picnic Area parking lot.

Take US 19 north from Dahlonega for 8.7 miles to the intersection of GA 60 at Stonepile Gap. Follow GA 60 for 3.6 miles and turn right on Forest Service Road 654 (gravel road) opposite the Dockery Lake Recreation Area sign. Travel down the road for 1 mile to the Picnic Area. The trail begins from the parking lot.

TRAIL 22—DOCKERY LAKE TRAIL (3 miles), Chestatee Ranger District: This is an access trail to the Appalachian Trail. The trail winds north 3 miles over an old logging road. The trail terminates at Miller Gap. This footpath parallels a portion of Pigeon Roost Creek and provides scenic views of nearby mountain ridges and peaks. The trail is moderately difficult.

Take US 19 north from Dahlonega for 8.7 miles to the intersection of GA 60 at Stonepile Gap. Follow GA 60 for 3.6 miles and turn right on Forest Service Road 654 (gravel road) opposite the Dockery Lake Recreation Area sign. Travel down the road for 1 mile to the Picnic Area. The trail begins from the parking lot.

TRAIL 23—DESOTO FALLS TRAIL (2 miles), Chestatee Ranger District: This trail is in the DeSoto Falls Scenic Area. It begins at the bridge in the lower loop of DeSoto Falls Recreation Area. The lower part of the trail passes two cascades of DeSoto Falls and is relatively easy. The last mile of the trail is much steeper and strenuous.

Take US 129 north from Cleveland for 15 miles to the DeSoto Falls Recreation Area. This trail is also accessible from Dahlonega by traveling north from Dahlonega on US 19 for 13.5 miles to Turners Corner. At this intersection turn left and proceed on US 129 for 4.2 miles.

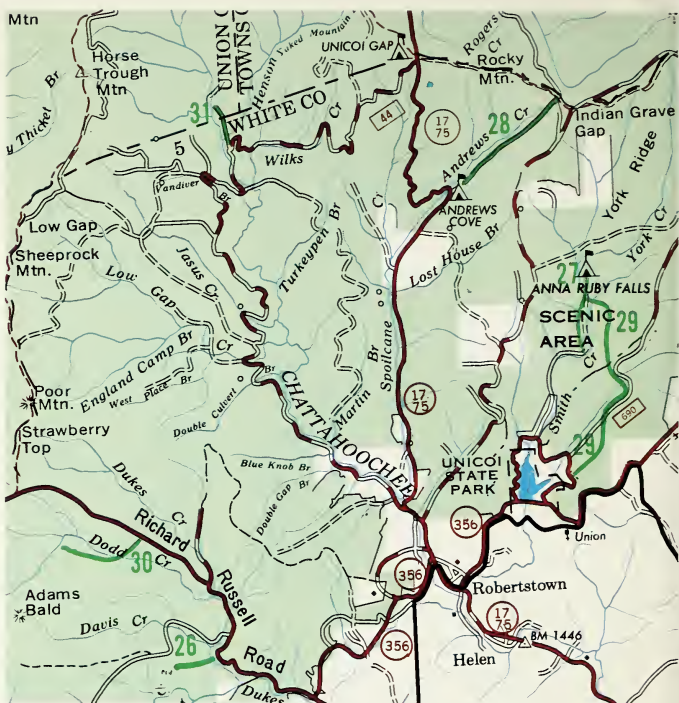
TRAIL 24—COOPER CREEK TRAIL (.4 mile), Chestatee Ranger District: This is a connector trail between the Mill Shoals and Yellow Mountain Trails. This footpath follows an old logging road and can be reached by hiking .6 mile from the trailhead of the Mill Shoals Trail or 1 mile from the trailhead of the Yellow Mountain Trail.

Take GA 60 north from Dahlonega for 22 miles. Turn right on Forest Service Road 33 for .8 mile and then turn left on Forest Service Road 236 for 3 miles to the Cooper Creek Recreation Area.

TRAIL 25—LOGAN TURNPIKE (2 miles), Chestatee Ranger District: This footpath is an access trail to the Appalachian Trail. The trail follows an early 1800's toll-gate road. A historical marker, on the approach road to the trailhead, designates the tollkeepers house.

This trail, which parallels Towns Creek, follows an upgraded portion of the abandoned road for approximately 1 mile and is easy hiking. The remaining mile of the footpath is in an unimproved state and is strenuous. The trail terminates at the Appalachian Trail and offers a good view of a typical mountain cove hardwood drainage basin.

Take US 19 north from Dahlonega for 13.5 miles to Turners Corner. Turn right and proceed south on US 129 for 2.8 miles. Turn left on Town Creek Road (gravel road) and travel 2.5 miles. Park off the road and walk .2 mile to the trailhead. The trailhead begins at the junction of the county road and the Forest Service property line.



TRAILS 26-31

TRAIL 26—DUKES CREEK FALLS TRAIL (.8 mile), Chattooga Ranger district: This extremely steep trail winds its way into Dukes Creek Gorge where it dead-ends across from the 300 foot Dukes Creek Falls.

Take GA 75 north from Helen for 1.5 miles. Turn left on GA 356 (75 Alternate) for 2.3 miles to the Richard Russell Scenic Highway. Turn right, go 2 miles to Dukes Creek Falls Recreation Area.

TRAIL 27—ANNA RUBY FALLS TRAIL (.4 mile), Chattooga Ranger District: This trail is paved but relatively steep. Benches are located along the trail and an observation deck offers a beautiful view of the twin falls of York and Curtis Creeks.

Take GA 75 north from Helen 1 mile. Turn right on GA 356 for 1.5 miles; then left on the entrance road to the falls.

TRAIL 28—ANDREWS COVE TRAIL (2 miles), Chattooga Ranger District: This trail follows an old logging road up Andrews Cove to the Appalachian Trail and Forest Service Road 283 at Indian Grave Gap.

Take GA 75 north from Helen for 5 miles. Turn right into Andrews Cove Recreation Area.

TRAIL 29—SMITH CREEK TRAIL (4.6 miles), Chattooga Ranger District: This trail offers a serene walk through dense patches of rhododendron, mountain laurel, hemlock, and ferns. It travels up and over Hickory Nut Ridge and Smith Mountain through impressive hardwood stands and several small mountain brooks and springs. The trail ends at Anna Ruby Falls.

Take GA 75 north from Helen for 1 mile. Turn right on GA 356 for 2 miles. Go through Unicoi State Park; bear left and cross the bridge; continue approximately .5 mile until you reach the Unicoi parking lot on your left. The trail begins across the road.

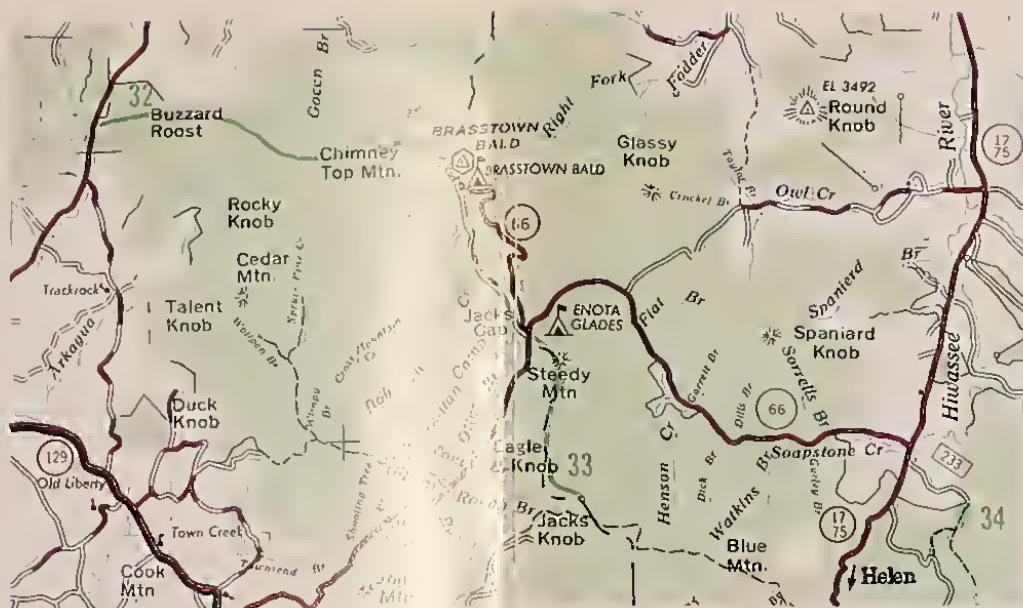
TRAIL 30—RAVEN CLIFF FALLS TRAIL (3.3 miles), Chattooga Ranger District: Hikers should exercise extreme caution along this rugged trail as they have to ford streams, ascend steep grades, and cross a rock bluff.

Take GA 75 north from Helen for 1.5 miles. Turn left onto GA 356 (75 Alternate) and travel 2.3 miles to the Richard Russell Scenic Highway. Turn right and travel 2.8 miles to the trailhead and parking area.

TRAIL 31—HORSE TROUGH FALLS TRAIL (.4 mile), Chattooga Ranger District: Excellent trail for novice hikers. Leads to beautiful Horse Trough Falls.

Take GA 75 north from Helen for 8 miles to Unicoi Gap. Turn left onto Forest Service Road 44 (Wilkes Creek Road). Go 5.4 miles to sharp curve and take right fork. Go .2 mile, cross one-lane wooden bridge, and follow blazes.





TRAILS 32-34

TRAIL 32—ARKAQUAH TRAIL (5.5 miles), Brasstown Bald Ranger District: Access to the trail is from the parking area for Brasstown Bald Visitor Center or, from the west, from Track Rock Road. The trail descends along the ridge and the lower mile is extremely steep.

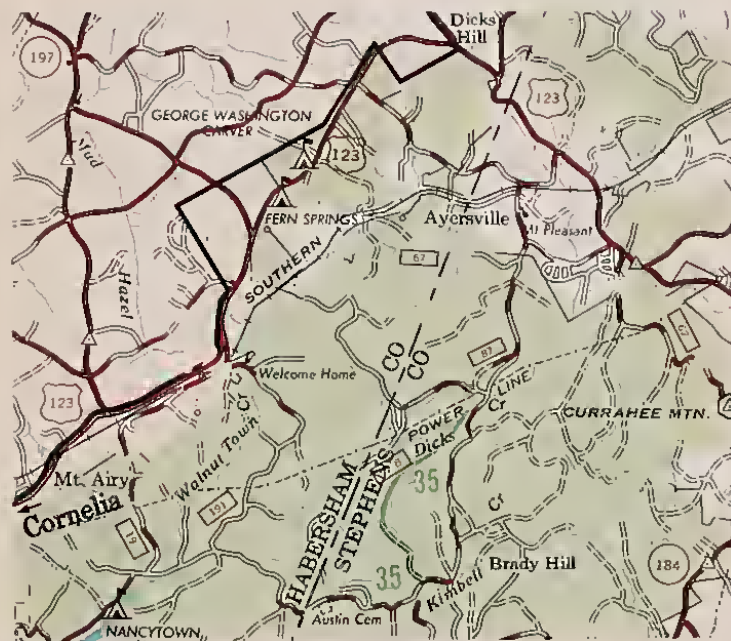
Take US 129 north from Cleveland to GA 180. Turn right and stay on GA 180 to GA 66. Turn left and follow the signs to Brasstown Bald. Track Rock Road is east from US 129 about 1 mile north of the Georgia Mountain Experiment Station.

TRAIL 33—JACKS KNOB TRAIL (4.5 miles), Brasstown Bald Ranger District: This trail heads south from the parking area for Brasstown Bald Visitor Center and crosses GA 180 at Jacks Gap. The trail splits near its end and intersects the Appalachian Trail both at Chattanooga Gap and Red Clay Gap. The trail is extremely steep.

Take US 129 north from Cleveland to GA 180. Turn right and stay on GA 180 to GA 66. Turn left and follow the signs to Brasstown Bald.

TRAIL 34—HIGH SHOALS TRAIL (1.4 miles), Brasstown Bald Ranger District: Follows along High Shoals Creek to observation decks on two of the five stream cascades in the High Shoals Scenic Area.

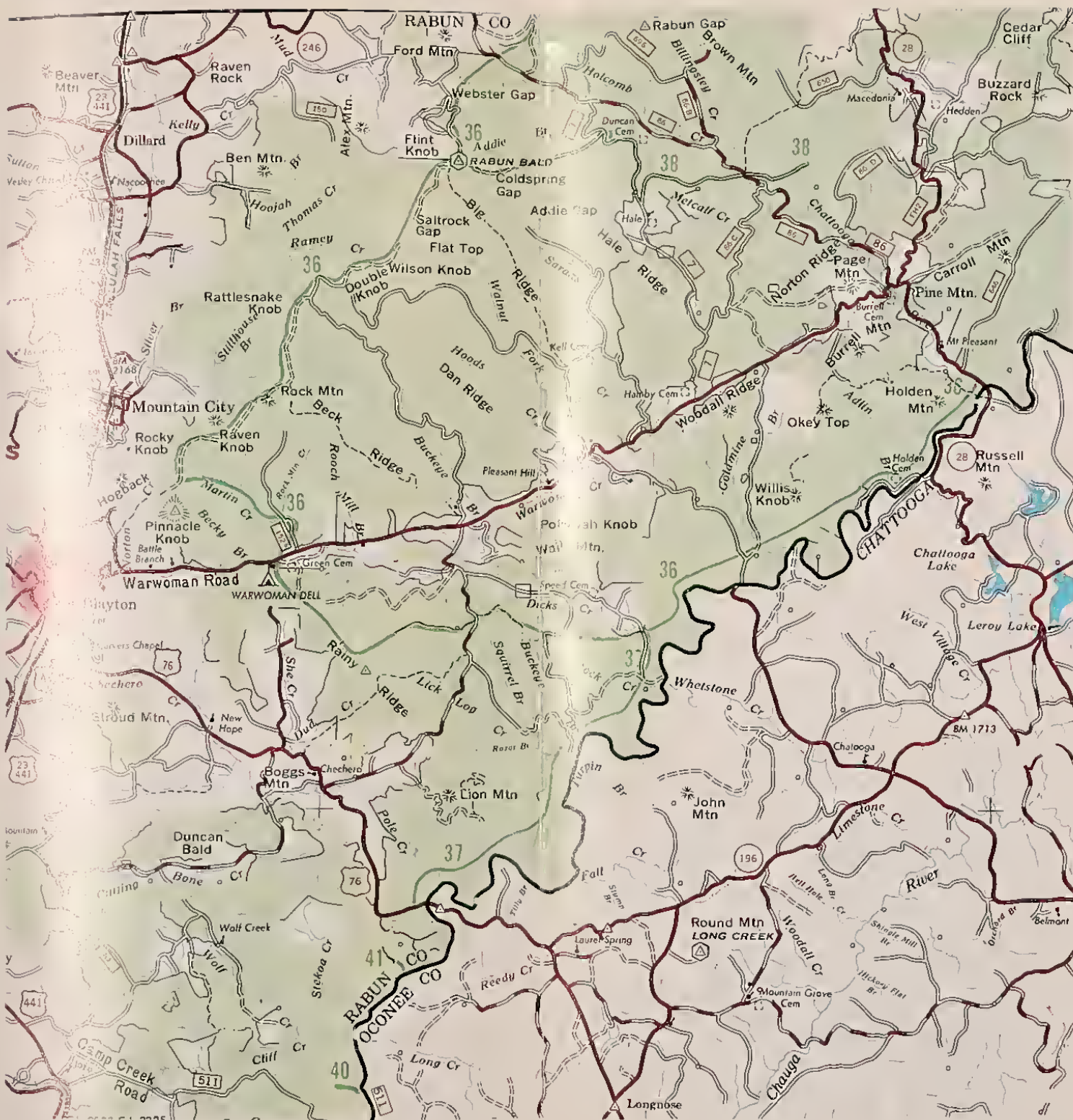
Take GA 75 north from Helen for 12 miles. Turn right on Forest Service Road 233 at High Shoals sign. Go east on this road for 1.5 miles.



TRAIL 35

TRAIL 35—BROAD RIVER TRAIL (3.8 miles), Chattooga Ranger District: Excellent for novice hikers and family groups.

Take GA 123 north from Cornelia for approximately 11 miles. Turn right onto the Ayersville Road. Go 1 mile and turn left onto Forest Service Road 87. Go 2.9 miles to the trailhead at Dicks Creek.



TRAIL 36—BARTRAM TRAIL (37 miles), Tallulah Ranger District: This National Recreation Trail stretches from the Georgia-North Carolina border southward over the summit of Rabun Bald (Georgia's second highest peak) to the Chattooga River and then turns north paralleling the river to the GA 28 bridge. The trail follows the route of 18th century naturalist and explorer William Bartram.

Take Warwoman Road (county road) east from Clayton for 3 miles to the Warwoman Dell Recreation Area. Trail runs through the area.

TRAIL 37—CHATTOOGA RIVER TRAIL (10 miles), Tallulah Ranger District: The southern end of this trail begins at the intersection of US 76 and the Chattooga River and continues north along the west bank of the Chattooga River. The trail intersects the Bartram Trail near Sandy Ford Road and is entirely within the boundaries of the Chattooga Wild and Scenic River corridor.

Take US 76 east from Clayton for 9 miles to the Chattooga River.

TRAIL 38—THREE FORKS TRAIL (9.5 miles), Tallulah Ranger District: The trail begins at the summit of Rabun Bald and ends at Three Forks on the west fork of the Chattooga River. There are some steep descents on the trail.

Take Warwoman Road (county road) east from Clayton for 16 miles to Overflow Road (Forest Service Road 86). Turn left for 4 miles to John Teague Gap where the trail crosses the road.

TRAIL 39—HOLCOMB CREEK TRAIL (1.3 miles), Tallulah Ranger District: The trail begins at the intersection of Hale Ridge Road (Forest Service Road 7) and Overflow Road (Forest Service Road 86) and follows a short loop to its end on Hale Ridge Road. The trail passes Holcomb Creek Falls and Ammons Creek Falls where there is an observation deck.

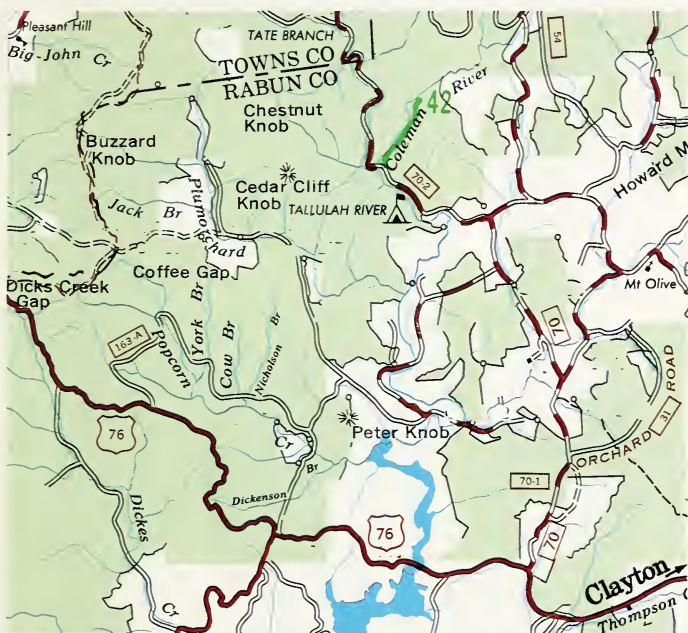
Take Warwoman Road (county road) east from Clayton for 10 miles. Turn left on Forest Service Road 7 (Hale Ridge Road) for 9 miles. The trail begins at the intersection of Forest Service Road 7 and Forest Service Road 86.

TRAIL 40—RAVEN ROCK TRAIL (.8 mile), Tallulah Ranger District: The trail begins at the end of the Daniel Creek Road (Forest Service Road 511-B). You'll travel along the west bank of the Chattooga River where you can view precipitous Raven Rock Cliff.

Take US 441 south from Clayton for 8 miles and turn left onto Camp Creek Road (gravel). After traveling 1.4 miles take the left fork onto Middle Cliff Road (Forest Service Road 511). Travel 2.6 miles and turn left onto Daniel Creek Road (Forest Service Road 511B). Trailhead is at the end of 511B. Four-wheel drive vehicles are recommended for traveling 511B.

TRAIL 41—SUTTON HOLE TRAIL (.3 mile), Tallulah Ranger District: The trail begins at the end of the Woodall Shoals Spur Road (Forest Service Road 290A) and ends on the west bank of the Chattooga River.

Take US 76 east from Clayton for 7 miles. Turn right on Woodall Shoals Road (Forest Service Road 290). Travel for .3 mile then turn left on Forest Service Road 290A until road dead-ends. Four wheel drive vehicles are recommended for 290A.



TRAIL 42

TRAIL 42—COLEMAN RIVER TRAIL (1.5 miles), Tallulah Ranger District: The trail begins about 150 yards north of the Tallulah River Recreation Area at the Coleman River Bridge. The trail runs up the east bank of the Coleman River where it climbs some fairly steep grades.

Take US 76 west from Clayton for 8 miles. Bear right off US 76 onto Forest Service Road 70 at the Tallulah River Recreation Area sign. Go 8 miles to the Recreation Area.



Smokey Says: - DROWN
YOUR
CAMPFIRES



TRAILS 43-44

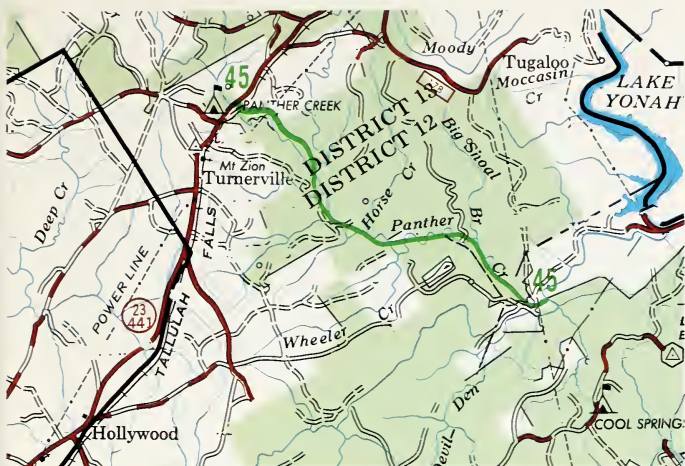
TRAIL 43—RABUN BEACH TRAIL (1.3 miles), Tallulah Ranger District: The trail is north of Camping Area 2 at the Rabun Beach Recreation Area. It follows and occasionally fords Joe Branch. Near the end of the trail is a switchback and a short, steep climb to Angel Falls.

Take US 23/441 north from Tallulah Falls for 3 miles to Rabun Beach Recreation Area sign. Turn left on unnumbered county road to the Recreation Area.

TRAIL 44—MINNEHAHA TRAIL (.4 mile), Tallulah Ranger District: This trail follows Fall Branch until it dead-ends at Minnehaha Falls.

Take US 23/441 north from Tallulah Falls for 3 miles to Panther Creek Recreation Area. The western end of the trail begins across the highway from the Recreation Area. The eastern end of the trail can be reached by driving west on Yonah Dam Road.



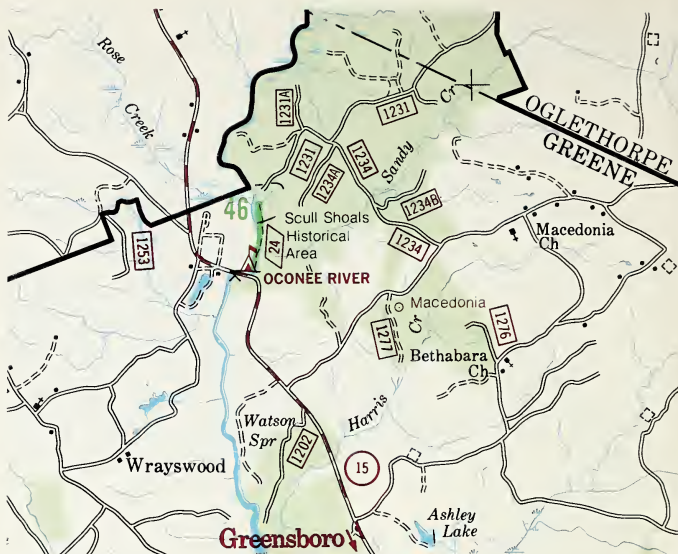


TRAIL 45

TRAIL 45—PANTHER CREEK TRAIL (6 miles), Chattooga Ranger District: This trail follows Panther Creek through stands of white pine and hemlock along the steep, rocky bluffs of the creek. The trail passes a series of cascades cut through solid rock and culminates in a waterfall at Panther Creek's junction with Davidson Creek. Hikers should be cautious of rocky overhangs when carrying heavy packs.

Take US 23/441 south from Tallulah Falls for 3 miles to Panther Creek Recreation Area. The western end of the trail begins across the highway from the Recreation Area. The eastern end of the trail can be reached by driving west on Yonah Dam Road.





TRAIL 46

TRAIL 46—SCULL SHOALS TRAIL (1 mile), Oconee Ranger District: This scenic trail follows the Oconee River from the Oconee River Recreation Area to historic Scull Shoals Village. The walk is flat and relatively easy.

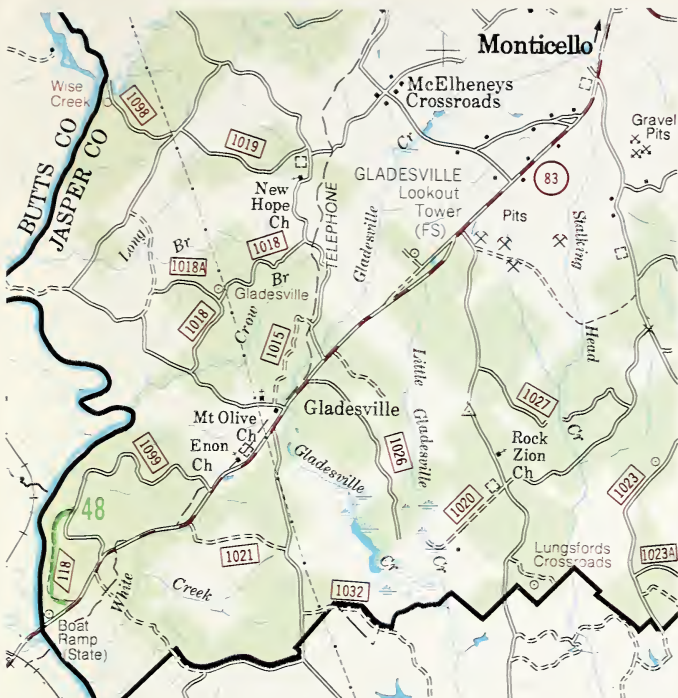
Take GA 15 north from Greensboro approximately 12 miles to the Oconee River Recreation Area.



TRAIL 47

TRAIL 47—TWIN BRIDGES TRAIL (1.8 miles), Oconee Ranger District: An easy walk through flat, wooded forest.

Take GA 212 east from Monticello for approximately 15 miles. Turn left onto Twin Bridges Road to the Lake Sinclair Recreation Area where the trail begins.



TRAIL 48

TRAIL 48—OCMULGEE RIVER TRAIL (2.4 miles), Oconee Ranger District: This trail follows flat, piney woods along the Ocmulgee River.

Take GA 83 south from Monticello approximately 12 miles. Turn north on Forest Service Road 1099 for about 1 mile to the Ocmulgee Flats Hunt Camp. Trail begins at the rear of the hunt camp.



The facilities, programs, and services of the Forest Service and the National Forests are for the use and enjoyment of all people. Discrimination against any person because of race, color, national origin, sex, age, religion, or physical condition is strictly against the policy of the USDA Forest Service, and should be reported to the Secretary of Agriculture, Washington, D.C. 20250.

NO TRACE ETHIC

We challenge you to leave no trace of your visit so that the next person can enjoy a natural scene. Please tread lightly so that nature can endure and replenish.

Read the list of No-Trace tips below and check those you actually use. If you check 25-30, you're an excellent No-Trace user; 20-24, you're coming along; below 20, you may be doing more damage than your favorite back-country spot can stand.

Plan Ahead to Avoid Impact

- Avoid holidays and weekends
- Limit group size (6 or less optimum)
- Repackage food to reduce containers
- Take along a litter bag to carry out all refuse
- Carry a stove and foods requiring little cooking
- Buy gear only in subdued forest colors
- Check at the Ranger Station for low-use areas

Travel to Avoid Impact

- Travel quietly
- Walk single-file in center of trail
- Stay on main trail even if wet
- Never shortcut switchbacks
- Look at and photograph, never pick or collect
- Avoid popular areas
- Never discard cigarette butts, candy or gum wrappers
- Walk softly. Don't kick up dirt and stones or trample vegetation

Make No-Trace Camps

- Select a site invisible from the trail and any other camping parties
- Camp at least 25 feet from natural water sources and away from "beauty spots"
- Avoid using existing campsites that are obviously over-camped
- Never cut standing trees and vegetation or pull up plants
- Never dig hipholes or trenches
- Wear light-weight, soft-sole shoes around camp
- Avoid building campfires or make only small fires in safe places
- Never wash dirty dishes, clothes, or yourself directly in stream or spring
- Use biodegradable soap and dispose of waste water at least 100 feet away from water supply
- Bury human waste six inches deep at least 100 feet from water
- Stay as quiet as possible. Leave radios and tape players at home
- Leave your dog at home

Leave A No-Trace Campsite

- Pick up every trace of litter
- Drown your campfire and erase all evidence of it
- Replace and scatter twigs and leaves cleared for a sleeping area
- Pack out all garbage
- Check for any evidence of your stay

SAFETY TIPS

- File a trip plan with family or friends so someone will know where you are and who to contact should you fail to arrive home as planned.
- Boil or purify all water before drinking.
- Carry a first aid kit. Know how to treat minor injuries. Be aware of where the closest hospital is in case of serious injuries or snakebite.
- Do not try to climb on or around waterfalls. People have been fatally injured while climbing around waterfalls. Be aware that lichen-covered rocks around waterfalls offer no sure footing.
- White paint blazes mark the location of the Appalachian Trail. Other color paint or plastic markers designate other trails. Two blazes, one above the other, warn of a change in route. You should not proceed more than 1/4 mile without noticing a trail marker.
- Yellow blazes designate a Forest Service Wildlife Management Area and should not be confused with trail markings.

HYPOTHERMIA: All hikers must be alert to the conditions that cause hypothermia and its symptoms.

WHAT IS IT?: A lowering of the body temperature. A drop of only five degrees is very serious. Few people whose body temperature drops more than 10 degrees survive. Hypothermia can occur in air temperature as high as 41 °F (5°C).

HOW DOES IT HAPPEN?: Being cold, wet, and exhausted. are contributing factors. Many people have died of hypothermia because they thought they could keep warm by moving and not stopping to take the necessary precautions such as adding a sweater or putting on raingear.

WHAT ARE THE SYMPTOMS?:

Early - shivering. Continued shivering means continued seriousness.

Serious Symptoms - slurred speech, impaired judgment, weakness, loss of coordination.

Final symptoms - unconsciousness.

WHAT CAN I DO?: Get the victim into warm clothes. Make him rest. Give him hot drinks and food. If his condition is very serious, put him in a sleeping bag with another person. Make a fire. Put up a tent or make a shelter for the victim. As soon as the patient is able, get him to a hospital for further treatment. Never think that you can continue your trip after one of your party has had hypothermia—go home, return another time.

Wet clothes can lead to heat loss and increase your chances of hypothermia. Remember, wool retains its insulating qualities when it is wet, cotton does not.

FOREST SERVICE OFFICES

Supervisor's Office
601 Broad Street
Gainesville, GA 30501
404-536-0541

Armuchee Ranger District
706 Foster Blvd.
LaFayette, GA 30728
404-638-1085

Cohutta Ranger District
401 Old Ellijay Road
Chatsworth, GA 30705
404-695-6736

Brasstown Ranger District
Highway 19/129 S.
Blairsville, GA 30512
404-745-6928

Tallulah Ranger District
N. Main Street
Clayton, GA 30525
404-782-3320

Chattooga Ranger District
Burton Road
Clarkesville, GA 30523
404-754-6221

Toccoa Ranger District
Route 2, Box 508B
Blue Ridge, GA 30513
404-632-3031

Chestatee Ranger District
200 W. Main, NW
Dahlonega, GA 30533
404-864-6173

Oconee Ranger District
349 Forsyth Street
Monticello, Ga 31064
404-468-2244

FOR ADDITIONAL INFORMATION:

Topographic Maps (fee)
Georgia Geologic Survey
19 Martin Luther King, Jr. Drive
Room 400
Atlanta, GA 30334
404-656-3214

Appalachian Trail Guidebook (fee)
Appalachian Trail Conference
Box 236
Harpers Ferry, W.Va. 25425
304-535-6331